

Zesty Tzatziki

by The Kitchen Tool

type	category	origin
appetizer or main	sauce or dip	greek

prep time	cook time	marinate time	serves or yields
20 mins	n/a	4 hrs	2.5 cups



Ingredients

- ☐ 1 medium size cucumber
- ☐ 2 tbsp extra virgin olive oil (evoo)
- ☐ 4 garlic cloves – peeled and minced
- ☐ 2 tbsp lemon juice – fresh squeezed
- ☐ zest of 1 lemon
- ☐ ¼ tsp salt (x2)
- ☐ ½ tsp pepper – fresh ground
- ☐ ½ tsp red pepper flakes
- ☐ 2 cups plain Greek yogurt
- ☐ 1 tbsp chopped fresh dill
- ☐ dill sprigs and evoo for garnish

Common Kitchen Tools: Measurement Spoons, Chef's Knife, Cutting Boards

Instructions

- ☐ cut cucumber in half lengthwise – scrape out seeds with spoon and discard
- ☐ coarsely grate cucumber
- ☐ place grated cucumber in strainer over a bowl
- ☐ add ¼ tsp salt, mix, and lightly press with a spoon – let drain
- ☐ in a large bowl combine evoo, garlic, lemon juice, lemon zest, salt, pepper and red pepper flakes - mix
- ☐ add yogurt – mix
- ☐ add dill – fold over and mix
- ☐ add cucumber – fold over and mix
- ☐ season to taste
- ☐ refrigerate for at least 1 hour (preferably 4 hours or more)
- ☐ serve with your favourite grilled meat or veggies– garnish with evoo and dill

Kitchen Tools

- ☐ spoon
- ☐ grater
- ☐ large bowl, strainer
- ☐ large spoon
- ☐ large bowl

Notes:

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